

TMI Focus



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A Newsletter Of The Monroe Institute

Winter 1996

LISTEN TO THE SILENCE

by Laurie Monroe Chasick



What does it mean to listen to the Silence? It is basically a method of detaching from one's thoughts for a time to align with the Universal Consciousness and its infinite possibilities. Quieting the mind and listening to the Silence prepare us for the Gateway to unlimited thought and for awareness that we are a part of this Universal Consciousness.

When we go within to this place of Silence, we subtly become aware of the Universal Truth which we find is absolute, unchanging, and unlimited. We can perceive that which is beyond the physical, the place where thought is pure and manifestation is instantaneous. We become aware that our thoughts transform our inner selves as well as our outer world. Thoughts are the combined energy of feeling and thinking. Therefore, the power of our thought becomes manifest in our world. The more we are aligned with this knowing, its source and nature, the better we are able to transform our own life and integrate this known into every level of our being.

Beyond the time of Silence, the spoken word emerges to translate the thoughts that are within the mind. The word itself has no power, but it carries the energy of the thought that it is expressing. Therefore, to effect change in our life, we must change the thoughts that the words represent. If we communicate through our highest good at all times, the words and thoughts will be aligned to our oneness and wholeness.

We have the will to think within the Silence, and we have the choice to manifest those thoughts in our time and space. Through self-observation, we can determine the value of our thought patterns and the desirability of those thoughts which become manifest. In order to be successful in this evaluation, we must accept inspirations from the Higher Self and know the truth they hold. When we let go and trust the process, then the intention within the thought can only be from our Source.

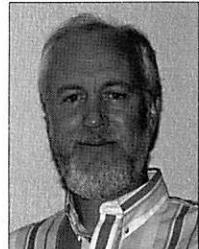
Within our desire for our continuing growth lies the potential for fulfillment of purpose. When we become aware and know that we have no limitations, we have only choices to make. We will be able to manifest the thoughts we choose in order to demonstrate the nature of the Truth of our Being. Through the process of affirmative thought, we can direct the energy

DINING AT BENNIGAN'S -- WEDNESDAY, APRIL 19, 1995

by Bruce Moen

Bruce Moen, graduate of three LIFELINE programs, has used his skills to make retrieval work a regular avocation.

Still, none of his previous experiences quite prepared him for the scope of what awaited in Oklahoma City. This account was written on April 25, 1995, when Bruce's inner turmoil had quieted.



After hearing the news of the explosion at the Oklahoma City federal building, around noon on Wednesday, I briefly thought of using my LIFELINE training to help. As twilight fell here in Denver, restlessness drew me out to Bennigan's for dinner and to be with people. After putting in my order for the seafood platter, I thought about Oklahoma City again and quietly expressed my willingness to provide assistance. The plan was to handle it later that night, as usual. As it turned out, doing retrievals in the midst of such an emotionally charged, large-scale disaster was far beyond my previous experiences.

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DIVING WITH THE DOLPHINS

by F. Holmes (Skip) Atwater

As Dolphin Energy Club members are already aware, requests for DEC support totaled sixty at the end of September—the most ever in a three-month period! As the rhythm of change increases for individuals and the earth, the need grows. In response to this need, other organizations are working directly with sound and dolphins to discover how interaction with them benefits the human psyche and soma. Skip Atwater recently served as TMI liaison to an event sponsored by one such organization.

From Friday, September 8, 1995, to Monday, September 11, 1995, I attended the Inaugural International Symposium on Dolphin Assisted Therapy as a symposium panelist representing The Monroe Institute. The symposium was held in Cancun, Mexico, and was organized by the AquaThought Foundation, located in Santa Monica, California.

According to Chairman David M. Cole, the Foundation's mission is, "To advance mankind's understanding of consciousness and its relationship to healing and wellness." AquaThought's research focuses on the complex neurological stimulation provided by close interaction with dolphins.

After a Friday evening welcome and a Saturday conference and presentations, we spent Sunday on nearby Isla des Mujeres (Isle of Women) to swim with the dolphins at Dolphin Discovery. Our hosts were DEC member

Donna Brewer and her husband, Lewis. Their facility is the site of the majority of AquaThought's research projects. Discussions between panelists and symposium participants continued through Sunday and into Monday morning.

During the symposium, I was able to provide information about the activities of the Institute in a congenial one-on-one setting, as well as to explore whether the Hemi-Sync process could play a role in a virtual reality project being undertaken by AquaThought. Named Cyberfin, The Interspecies Interface™, it is designed to "transport the point of perception of the guest to an underwater location populated by friendly and inquisitive dolphins," complete with appropriate visual, audio, and tactile stimulation. Cyberfin would allow those unable to actually swim with dolphins to enjoy many of the benefits and pleasures of such contact.

The symposium audience was very receptive to my short presentation. Many spoke highly of the Institute, based on the testimonials of friends and associates. Several attendees had tried Hemi-Sync tapes, and one had been to a GATEWAY VOYAGE several months earlier. If Hemi-



Sync is to play a role in AquaThought's virtual reality project, I must learn more about their system, and the only fully operational unit is located in Santa Monica, California. While vacationing out west in the spring, I plan to accept the invitation to visit and share information. The AquaThought Foundation has a great deal of technical expertise in sound and brain-wave analysis. They have had some experience with binaural beats and are very computer literate. A continuing relationship with them will enhance my own expertise in these areas. Many contacts were nurtured with the fifty to sixty people at the symposium.

[Get in touch with AquaThought Foundation via their e-mail address: aqua@netcom.com (David Cole), or via their Worldwide Web Homepage: <http://www/access/digex.net/~sunilg>, which offers a great deal of information about Cyberfin.

To learn about participating in the Dolphin Energy Club and using the Hemi-Sync technology for yourself or another in emotional or physical crisis, contact Shirley Bliley, DEC Service Coordinator, at (804) 361-1252. A year's membership in DEC is \$35 for TMI members and \$50 for non-members.]



QUARTERLY TAPE JOURNEY TO INNOCENCE

Enter the world of the vision quest. Follow the Hemi-Sync sounds and the mellow voice of Mark Certo into unique states of consciousness and over the threshold of time and space. In the realm where thought creates, set your imagination free and follow it to the outermost limits of possibility. Welcome to *SHORT JOURNEYS*.

Your continuing membership means a lot to us and, to express our appreciation, we're beginning 1996 with this exclusive, "members only" tape series. You are not constrained by focus levels. Instead, specially designed Hemi-Sync patterns combine with an engaging guided visualization and a free flow to speed you on your way. Prepare for an enchanting, enriching "short journey."

DINING AT BENNIGAN'S

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Moments after expressing willingness, the voice of Coach—my nonphysical friend—said, "OK, Bruce." In the next instant, still sitting on a chair in Bennigan's and completely aware of those surroundings, I was also rushing through blackness toward three infants killed in the blast.

Scooping up the babies in my arms, I shifted straight to the Focus 27 Reception Center. Though I'd never before transported more than one person at a time, it didn't seem much different. Uncles, aunts, and unrelated helpers were waiting to take charge. Accelerating back into the blackness, toward the blast site, I felt brief sadness for such an early loss of life. Several trips back and forth to 27 with young children aged two to eight followed. A woman named Charlotte, who seemed to be in shock, came into view. When she saw me, I told her I'd been sent to bring her back. Despite her dazed state, it registered somewhere in her religious upbringing that this was how it was supposed to be. I handed Charlotte off to someone she recognized and tried, out of habit, to get an identification before heading into the blackness once more.

There were several more adults in rapid succession. A man named Ralph was the last I felt obliged to identify. The sheer numbers had begun to feel overwhelming. At this point I sensed a familiar voice. [Note: Bruce was part of a team which retrieved victims of the earthquake in India a couple of years ago. While in Virginia, he had participated as a member of the LIFELINE research group. Rita Warren, the group leader, had suggested that the group experiment together to learn about assisting after a large-scale disaster.]

The voice advised stopping all the trips back and forth to 27. "Just get their attention, bring them in close, and they will be met by other helpers behind you who will transport them." "OK," I said, and turned back toward the blackness. Two large, very bright lights (also recognizable from the India exercise) took up positions on either side of me. Together we moved toward the site. Numbers, names, or anything else about the people who'd died quickly blurred. They just came into view, moved toward us, and were gently received by helpers to be shifted off to 27.

As we continued our work, strong emotions welled up. They had been there all along but not at a level that interfered with the task at hand. I was naively unprepared! As I focused on them briefly, their power and intensity became incredible. The onslaught was from the rescue workers, family members, and other physically alive people at the scene rather than the deceased. Grief and confusion were so strong that my awareness began to waver toward unconsciousness. Anxiety, fear, anger, frustration, and pure rage filled the area. I had to consciously shift my attention off the emotional energy of the physical blast site before reentering the blackness. While scanning for more people, my dearest friend in the physical world came in view. She had also been part of the India LIFELINE research group exercise. Now, in Oklahoma City, she was doing the same thing she had done in India. Simply standing there, she maintained a gateway/bridge to 27 for anyone attracted to the Love she was extending. We acknowledged each other, and I moved on with the two bright "light people."

Suddenly I was aware of someone to the right and

downward, buried in the pile of twisted debris that was once the federal building. The previous retrievals had been sort of out in the open. Pushing into and through the debris pile, I scanned back and forth in front of me—searching, searching. We found her. She was lying face down, surrounded and covered by rubble. When I called out to her, she looked over at me and screamed, "Help me get out of here. I'm pinned down, my legs are stuck, and I can't get free!" I tried to communicate that she was dead and could come to me easily just by thinking about doing it. She would have none of my explanation. She was pinned down by something heavy and that was that. As I pondered how to convince her that she could move, a helper suggested the "seeing it not there" technique for the debris pile. (I do so like the way that sounds, "seeing it not there.") As I focused on "seeing the debris not there" around the trapped woman, a spherical shape began to appear and be replaced by a dim, whitish, gray light. In a few moments she was floating in a ball shape about two of her body lengths in diameter. From this position she simply moved toward me and was escorted on to 27.

Still accompanied by the bright light people, I continued scanning as we quickly moved through the collapsed building. The "seeing it not there" technique worked repeatedly for every trapped person we found. All interest in counting or identifying had disappeared. Throughout this experience, I was aware of my surroundings in Bennigan's simultaneously with my activities in Oklahoma City. At times one or the other would fade out, though not completely. My meal was finished in what must have looked like a pretty bemused state to fellow diners. I

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LEARNING TO LEARN

ON BECOMING A LIFELONG LEARNER, a two-tape, four exercise series, will be released in January. Produced in collaboration with Professional Member Robert O. Sornson, tape titles are: *Self-Concept*, *Managing Stress/Finding Joy*, *Enhanced Learning*, and *an Attitude of Gratitude*. These tapes are designed to be listened to before going to sleep.

DINING AT BENNIGAN'S

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hastily paid my bill and, leaving a half-finished beer on the table, headed straight for my Jeep and home. It felt like emotional radiation burns had penetrated deep into my body. Like a sunburn, they felt worse and worse as time passed. Surges of emotion moved through me in crests and troughs like gigantic ocean swells. A wave of grief, rage, anxiety, sadness, or frustration would start and rise upward through my body until I was completely submerged. It was most unpleasant. My control felt nonexistent as each wave crested.

Back at my apartment, I immediately phoned my friend who had provided the gateway/bridge to compare notes. Her first words were, "Oh, the babies." Grief washed over me anew as she spoke. Through my confusion and disorientation, we discussed the experience. Then, exhausted, sleep beckoned. Fifteen

minutes of Tai Chi restored me to some extent. As the emotional energy continued its ebb and flow, I realized that the anguish of the living people at the scene had "stuck" to my nonphysical body and had been carried into physical awareness. Strongly desiring to clear it away, I used a technique learned from another friend.

Relaxing into Focus 10, I envisioned enough spherical, ball-like containers to hold anything foreign to my energy field. When it felt like everything had been transferred, I sent each ball back to its rightful owner. The emotional overload finally started to subside. When the process seemed complete, I offered Coach further assistance in Oklahoma. "I think you've had enough for now," he replied. With that, I drifted off to sleep. Portions of Thursday and Friday and most of Saturday were challenging. The waves were fewer and farther between, but it was Sunday before the sea completely calmed. The Oklahoma disaster stimulated every bit of my own unresolved grief, rage, and anxiety. By welcoming the feelings in and expressing them, they dissipated. Monday morning I awoke with a suggestion from Coach: form a Rebal before getting out of bed—a rather intricate one with counter-rotating helixes. Within three or four minutes the last of the emotional "stuff" from Oklahoma cleared away.

Monday was the first day I felt really good again. After half an hour of Tai Chi, I was completely myself. Did I learn anything? Well, I won't do retrievals from a fresh disaster site in a public place like Bennigan's! Also, I'll do more preparation beforehand. Would I attempt such retrievals again? Of course. Each time teaches me more about what it means to be human.

TMI GOES LIVE ON COMPUUSERVE

by Christopher C. Carey

HIGH ADVENTURE is the only TMI residential program that Professional Member Chris Carey has NOT attended! Chris works as a corporate underwriter for U.S. Healthcare, an HMO (health maintenance organization) based in Pennsylvania. He is ideally positioned to network and present Hemi-Sync as a health adjunct with individuals and key administrators. On Thursday evenings, he employs his expertise with online communications as moderator of the TMI CompuServe Conference Room. Read on and learn how to join in the fun.

How would you like to "talk" live with TMI Research Director Skip Atwater, TMI Audio Engineer Mark Certo, DEC Service Coordinator Shirley Biley, or EXPLORATION 27 program participants? Well, you can each week in The Monroe Institute Conference Room on CompuServe.

Since April of 1995, TMI has been running regular conferences each Thursday from 9 to 10:00 P.M. The Conference Room is a live "chat" room where you can participate in the conversation or just sit back and enjoy what's happening. Special guests have included participants from the annual Professional Seminar and each of the residential programs, from the GATEWAY VOYAGE to EXPLORATION 27. The shared encounters in consciousness have ranged from the sublime to the hilarious. One guest was Gari Carter, author of *Healing Myself*. Trainers Franceen King and Bob McCulloch have joined in the excitement. And there's even been an impromptu appearance by Institute President Laurie Monroe Chasick! Getting together each week in live cyber-space adds a unique, front-row-seat

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GATEWAY REFRESHER WEEKENDS COME EAST

by Bob McCulloch, MA



The GATEWAY Refresher Weekends announced this summer by TMI Trainer Bob McCulloch are on the launching pad and ready for liftoff.

In the Summer 1995 TMI FOCUS we announced that we'd soon be offering GATEWAY Refresher Weekends. These programs will be held at various locations throughout the United States over the next few months. The GATEWAY Refresher Weekend--to refresh your minds--will offer GATEWAY graduates the opportunity to further explore Focus 15 and Focus 21, as well as to experience selected tapes from the Institute's graduate programs.

This program is only available to GATEWAY VOYAGE graduates and will be facilitated by a TMI trainer. You'll be able to connect with other grads from your area and reinforce your experience of the advanced focus levels. We'll typically begin on a Friday evening and run through the weekend, ending Sunday afternoon. Refresher Weekend participants can also receive a discount on a TMI graduate program. Be sure to ask me about this.

We are currently lining up three programs to be held on the East Coast. So, if central Florida, New York, or Washington, D.C., are convenient for you, please call or write to me today. If you do not live near the above listed locations, please do not despair! We plan to visit your area too. Expressing your interest will help us get there sooner.

[Bob McCulloch, 1014 First Street, Rehoboth Beach, DE 19971, (302) 227-7878 or (302) 227-1704 (fax).]



CYBERSPACE VOYAGERS

The VOYAGERS Internet mailing list, an electronic lync, was established for those using Hemi-Sync to venture into the realms of their own consciousness. It's for all who want to continue learning by telling about their voyages, reading of others' experiences, and exchanging information about TMI programs and audio-guidance learning systems. voyagers@monroe-inst.com is the mailing list address. Send a request with "subscribe" as the Subject to: voyagers-request@monroe-inst.com to subscribe. Requests are handled in person, so allow for a delay. You will get a welcome message with instructions when you have been added.

Try the Institute's www server at: <http://www.monroe-inst.com/> if you have access to the World Wide Web. ftp.monroe-inst.com also allows you to download TMI files. MonroeInst@aol.com is our official E-MAIL address. Of course, you may still call (804) 361-1600, the 24-HOUR INFORMATION LINE, to hear prerecorded voice messages, or to receive information by FAX.

Other net sites addressing related topics are:

Altered States of Consciousness (ASC) <http://www.utu.fi/~jounsm/asc/asc.html>
 Spiritual Consciousness (Spirit-WWW) <http://zeta.cs.adfa.oz.au/Spirit.html>
 Anomalous Cognition <http://macwww.psy.uva.nl/psychonomie/research/anomal.html>
 The WWW Virtual Library: Spirituality & Consciousness
<http://zeta.cs.adfa.oz.au/Spirituality.html>



SILENCE

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to transform our thoughts into wondrous manifestations. As we journey together through this human existence, let our thoughts and our consciousness develop to their fullest so we may become more aware of expressing ourselves in a complete and loving way. Let our inherent knowledge of Self become evident through thoughts and actions. Let our expressions be those of Love which is ever-present and unconditional, which deepens our awareness of oneness and wholeness with the Universe.



HOME FOR THE HOLIDAYS

The offices of The Monroe Institute and Interstate Industries, Inc., will close on December 22, 1995, at 12 noon and will reopen on January 2, 1996, at 8:30 A.M. As we relax and spend time with our loved ones, warm wishes to you and yours for Happy Holidays and a prosperous and Happy New Year.

THE MONROE INSTITUTE PROGRAM SCHEDULE

All programs listed below will be held at The Nancy Penn Center in Faber, Virginia.

1996

EXPLORATION 27

February 17-23

July 20-26

GATEWAY VOYAGE

January 13-19

January 27-February 2

February 24-March 1

March 2-8

March 16-22

April 13-19

April 20-26

May 4-10

May 18-24

June 1-7

June 15-21

June 22-28

July 13-19

August 3-9

August 17-23

September 7-13

September 21-27

October 5-11

October 19-25

GUIDELINES II

(A Graduate Program)

January 20-26

February 10-16

May 11-17

August 24-30

October 12-18

HIGH ADVENTURE

April 27-May 3

September 28-October 4

LIFELINE

(A Graduate Program)

March 9-15

June 8-14

September 14-20

November 9-15

PROFESSIONAL SEMINAR

July 27-August 2, 1996

Editor: Shirley Biley
The TMI FOCUS is published four times annually by The Monroe Institute, Route 1, Box 175, Faber, VA 22938-9749. Telephone (804) 361-1252.

The Monroe Institute is dedicated to exploring and developing the uses and understanding of human consciousness. The FOCUS contains current information on Institute activities, applications of the Hemi-Sync® technology, and communication with Hemi-Sync participants and program graduates. Membership/subscription rates from \$50 to \$150 per year.

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HEMI-LYNC Making Global Connections



Using the Whole Brain, edited by Ronald Russell (\$14.95, softcover, Hampton Roads Publishing Company, Inc.)

Hemi-Lync is a print media network bulletin board—a communication device—for connecting you with people, events, and publications around the world that have something to share about Hemi-Sync.

It's your forum and we encourage you to use it. The items posted in this issue represent only a few of the Hemi-Lync possibilities. To submit your Hemi-Lync item, write or call the TMI FOCUS, The Monroe Institute.

Appearances

See *Diving with the Dolphins* in this issue, the account of Skip Atwater's appearance as a guest panelist at the Inaugural International Symposium on Dolphin Assisted Therapy. Books

The following titles are available from Interstate Industries, Inc.

Healing Myself, by Gari Carter (\$10.95, softcover, Hampton Roads Publishing Company, Inc.)

Living Is Forever, by J. Edwin Carter (\$9.95, softcover, Hampton Roads Publishing Company, Inc.)

Mind Trek, by Joseph McMoneagle (\$10.95, softcover, Hampton Roads Publishing Company, Inc.)

Travelling with Power, by Ken Eagle Feather (\$10.95, softcover, Hampton Roads Publishing Company, Inc.)

ULTIMATE JOURNEY, by Robert A. Monroe (\$22.00 retail; \$19.80 members, hardcover, Doubleday)

Electronic Lyncs

Refer to CYBERSPACE VOYAGERS for a complete listing of TMI and TMI-related "net surfing" addresses.

TMI is now featured on the Internet Mall™, FIRST FLOOR: Online Music Shop.

Lyncing People

Here are names and phone numbers of readers willing to be contacts for regional get-togethers of Hemi-Sync users. We'll continue to add to the list as we hear from you.

CANADA

HALIFAX, NS

Tom Tasse
(902) 477-5790

TORONTO, ONT

Blair Swanson
(416) 469-3549

VANCOUVER, BC

Carol Biernat

(604) 261-2840

ENGLAND

CAMBRIDGE

Sue Pitman
Tel (223) 843164

Fax (223) 515091

HANTS

John and Alison

Perrott

Tel/Fax (252)

626448

EUROPE

THIMISTER, BELGIUM

Patrick Bartholome

(32) (87) 44-70-70

JAPAN

TOKYO
Kanji Nakai
Tel (03) 5471-2502

Fax (03) 5471-2972

SCOTLAND

FIFE
Robert and Penelope Gibson
(337) 30767

NEW GALLOWAY
Jill and Ronald Russell
Tel/Fax (44) (1644) 420357

U.S.A.

ARLINGTON, VA
Mark Gemmell
(703) 522-8663

BETHESDA, MD
Helene N. Guttman

Tel/Fax (301) 656-8980

BUTTE, MT

Leo McCarthy
(406) 494-3567

CAMBRIA, CA Lealand Beck (805) 927-4621
 DAVIDSON, NC Norma Atherton (704) 892-7000
 ENGLEWOOD, CO Daniel K. Meyer Kimberly Miller (303) 740-8053
 FINESVILLE, NJ Pete Ennes (908) 995-9493
 DOYLESTOWN, PA Chris Carey (800) 731-7345
 FREEPORT, ME Joe Harrington (207) 865-6286
 HENDERSONVILLE, NC Joe Gallenberger (704) 693-4721
 INDIANAPOLIS, IN Shawn Casey (317) 852-7727
 LAMBERTVILLE, MI Eileen Tucker (313) 856-5251
 MT. JULIET, TN Art and Jan Flint (615) 758-4072
 NEW YORK, NY Ross Jacobs (212) 929-0661
 AL Swadichuto (212) 228-3298
 PALMER, AK Ross Perrine (907) 746-6443
 PETALUMA, CA Hildegarde Minstein (707) 763-7537
 PLAYA DEL REY, CA Marge Decuire (818) 704-7755 or -
 7557
 PORTLAND, OR Clayton Morgan (503) 238-0137
 Bill Oakes (503) 288-5305 (w)
 SILVER CITY, NM Marion Light Ray (505) 388-5782
 TEMPE, AZ Marcie A. Katler (602) 968-3021
 TOLEDO, OH Eileen Tucker (313) 856-5251
 TULSA, OK Bruce W. Freeman (918) 445-0040
 WOODLAND, CA Edy Harrington (916) 669-1468

If you live within reach of any of these folks and would like to find other nearby people to "explore" with, get in touch. The OUTREACH Trainers and facilitators listed on the *Expanded Workshop* insert also welcome your calls. Special thanks to all of you who are willing to be connecting links in the extended TMI family.

Television

Mystical Virginia aired on W-RIC Channel 8 (an ABC affiliate), Richmond, Virginia, at 6:00 p.m. EST on November 1. TMI was featured, together with a number of other organizations with an esoteric focus.

The abilities of remote viewer Joseph McMoneagle were *Put to the Test* with outstanding results on the ABC program of the same name. It was shown on November 30th at 8:00 p.m. EST.



COMPUSERVE

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flavor very different from newsletters flavor very different from newsletters or e-mail. The Conference Room is an opportunity to interact with program participants and alumni in real time. It is completely informal. Just ask questions and make comments as they come to mind.

To access the Conference Room, you first need a CompuServe account. Once on CompuServe, enter the New Age Forum B, then The Monroe Institute Room (number 12). Here are the commands that will put you there:

1. log onto CompuServe in the usual way,
2. type "Go Newbage" (not a typo),
3. click on "Conference,"
4. choose "Enter Room,"
5. double click on "Monroe Inst/Thur 9pm [12]," introduce yourself, and
6. you are in! Start typing your questions.

Once you are in the Conference Room, to see who else is with you, click on "Who's Here." If you have questions about

that night's guests, click on "Chris Carey (Mod.)" and use the "Talk" button to speak with me directly. This way the house-keeping traffic stays outside of the actual conference. A list of each month's guests is included in the file "consch.txt" found in the New Age Forum B Library.

If you do not have a CompuServe account, you can get the transcript of each week's conference from the Internet USENET Newsgroup "alt.out-of-body," or e-mail me. I'll add you to a distribution list to receive a copy directly.

Special thanks to weekly regulars, like *LIFELINE* grad Bruce Moen. And be sure to join us on January 4, 1996, when Joe McMoneagle will be the special guest. "See" you soon!

[Chris Carey,
 72302.21@compuserve.com (e-mail), or 70 Old Dublin Pike,
 Apt. B-12, Doylestown, PA
 18901-3414, (215) 230-4288.]



METAMUSIC ALERT

METAMUSIC Artist Series Vol. 3, featuring *Higher and Winds Over the World* on CD, will be available January 1, 1996!

POSITIVE IMMUNITY PROGRAM 10% OFF Coupon

This eight tape (eleven exercise) series is available to you at an additional 10% discount when you mention or return this coupon with your order. Offer good until January 15, 1996.

"I am handling the stress associated with being a physician much better now that I am working with the POSITIVE IMMUNITY PROGRAM."

-C.R., Decatur, GA

"As I began to incorporate these tapes into my daily life, the quality of my life and my overall health improved immeasurably." -L. K., Richmond, VA

The Five Elements and Me Dedicated to all beings everywhere.....

I am free, I am free, I am free.
I am clouds, I am rain, I am
waves in the sea.
I drift, I float, I dive deeper
than deep.
The cool water is part of me.

I am free, I am free, I am free.
I am fire, I am coals, I am
sparks in the air.
I shine, I glow, I burn
brighter than bright.
The warm fire is all part of me.

I am free, I am free, I am free.
I am sand, I am rock, I am
earth, brown and firm.
I shift, I stand, I move
with rumble.
The good earth is all part of me.

I am free, I am free, I am free.
I am breeze, I am wind, I am
Hurricane, too.
I fly, I soar, I rage wild
in a storm.
The clear air is all part of me.

I am free, I am free, I am free.
I am root, I am branch, I am
trunk of the tree.
I grow, I stretch, I reach
to the sky.
The strong wood is all part of me.

I am free, I am free, I am free.
I am light, I am sound,
I vibrate as needed.
I pick, I choose, I go with
the flow.
The whole world is all part of me.

Beatrice N. Niemi